



4901 Okemos Rd., Okemos MI 48864



Offer for State Employees and immediate family:

ONE Complementary Training Session
to try us out.

**If you purchase a package, we'll give you
one Fitness Assessment for free (\$149 value)
PLUS additional training sessions**
(depending on package purchased)

Are you starting to notice that gravity is winning in the body battle? Most people have a few trouble spots here and there. You know you should start exercising but public gyms are not the answer. They are crowded, intimidating and confusing. We seem to come up with so many reasons to put off exercise... too tired, no motivation, never enough time.

Fitness Together can help. Our personal trainers work with you in fully equipped private rooms. No crowded gyms here. No waiting for equipment. No distractions. Each Fitness Together session is conducted in one of our independent private training suites.

Our programs, have worked for men and women from ages 13 to 92. Whether your goals include muscle tone, body fat reduction, cardiovascular health, increased flexibility or an increase in muscle mass, *we have an individualized program for you.*

Benefits of the Fitness Together System:

- Increased motivation
- Accelerated results
- Accountability
- Private rooms
- Emphasis on proper technique
- Decreased risk of injury
- Individualized programs based on your needs
- Progressive training – always challenging
- Core training



Contact: 517.347.9020
Web: www.ftokemos.com/